

What Is Claimed Is:

1. An exercise system, comprising:
 - a platform having a first end, a second end and a definable planar platform surface located between the first and second ends;
 - a pair of resistance tubings, a second resistance tubing, and a third resistance tubing, each having a first attachment mechanism affixed at one end and a second attachment mechanism affixed at its other end;
 - a first pipe substantially centrally connected to the platform proximate to the first end that extends perpendicularly upwardly from the definable planar platform surface, the first pipe having a first attachment device located distant from the definable planar platform surface for enabling two first attachment mechanisms to be attached to the first pipe;
 - a second pipe connected to the platform proximate to the second end that extends perpendicularly upwardly from the definable planar platform surface, the second pipe having a second attachment device located distant from the definable planar platform surface for enabling one first attachment mechanism to be attached to the second pipe;
 - a third pipe connected to the platform proximate to the second end that extends perpendicularly upwardly from the definable planar platform surface, the third pipe having a third attachment device located distant from the definable planar platform surface for enabling one first attachment mechanism to be attached to the third pipe;
 - a pair of grips attachable to the second attachment mechanism of the pair of resistance tubings; and
 - a pair of attachable ankle bracelets that are attachable to the second attachment mechanisms of the second and third resistance tubing;
 - wherein the second and third pipes are substantially equidistant from the second end; and
 - wherein the second and third attachment devices are located substantially equidistant from the definable planar platform surface and

the third attachment device is located farther from the definable planar platform surface than the second and third attachment devices.

2. The exercise system as recited in claim 1, further comprising:
an exercise mat attached to the definable planar platform surface between the first and second ends of the platform.

3. The exercise system as recited in claim 1, wherein the platform is comprised of a first foldable platform to which the first pipe is detachably connected and a second foldable platform to which the second and third pipes are detachably connected, the first and second foldable platforms forming the definable planar platform surface when they are not folded together relative to one another, the first and second foldable platforms being foldable substantially 180 degrees relative to each other.

4. The exercise system as recited in claim 3, further comprising:
a plurality of foldable leg supports that cause the platform to be raised off from a surface on which the exercise system is deployed when the legs are in an extended position and the first and second foldable platforms lie flat but which are foldable when the first and second foldable platforms are folded relative to each other.

5. The exercise system as recited in claim 1, wherein the first attachment device is located approximately four feet from the definable planar platform surface.

6. The exercise system as recited in claim 5, wherein the second and third attachment devices are located approximately six to twelve inches from the definable planar platform surface.

7. The exercise system as recited in claim 1, wherein the second and third attachment devices are located between approximately six to approximately twelve inches from the definable planar platform surface.

8. The exercise system as recited in claim 1, wherein the second and third pipes are at least approximately two feet apart from each other.

9. The exercise system as recited in claim 1, wherein the pair of resistance tubings and the second and third resistance tubings have approximately the same resistance.

10. The exercise system as recited in claim 1, wherein the second and third resistance tubings have substantially the same resistance and said resistance is different than that of the pair of resistance tubings.

11. A foldable exercise system, comprising:

a first pair of resistance tubings, a second resistance tubing and a third resistance tubing, each having a first attachment mechanism affixed at one end and a second attachment mechanism affixed at its other end;

a foldable, raised platform comprised of a first foldable platform having a first end and a second foldable platform having a second end, the first and second foldable platforms forming a substantially planar platform surface when they are not folded together relative to one another, the first and second foldable platforms being foldable substantially 180 degrees relative to each other;

an exercise mat attached to the planar platform surface between the first and second ends of the foldable platform, said exercise mat comprising a first mat attached to the first foldable platform and a second mat attached to the second foldable platform.

a plurality of foldable leg supports that cause the platform to be raised off from a surface on which the exercise system is deployed when

the legs are in an extended position and the first and second foldable platforms lie flat but which are foldable when the first and second foldable platforms are folded relative to each other;

a first pipe detachably connectable to the first foldable platform proximate to the first end so as to extend perpendicularly upwardly from the planar platform surface, the first pipe having a first attachment device locatable approximately four feet from the planar platform surface for enabling the first attachment mechanism of the pair of resistance tubings to be attached to the first pipe;

a second pipe detachably connectable to the second foldable platform proximate to the second end so as to extend perpendicularly upwardly from the planar platform surface, the second pipe having a second attachment device locatable approximately ten inches from the planar platform surface for enabling at least one first attachment mechanism to be attached to the second pipe;

a third pipe detachably connectable to the second foldable platform proximate to the second end so as to extend perpendicularly upwardly from the planar platform surface, the third pipe having a third attachment device locatable approximately ten inches from the planar platform surface for enabling at least one of the first attachment mechanisms to be attached to the third pipe;

a grip that is attachable to the second attachment mechanism of the first resistance tubing; and

a pair of attachable ankle bracelets that are attachable to the second attachment mechanisms of the second and third resistance tubing;

wherein the second and third pipes are substantially equidistant from the second end when they are connected to the second foldable platform.